

## Letters of Heroines

By Justine Lazatin

There are moments in life when making progress feels arduous, goals seem unattainable, and attempts at resolution prove only to create more conflict. This contemporary jazz piece explores the physical and emotional connotations of the idiom taking “one step forward and two steps back.” In a physical sense, the movement depicts progress followed by relapse. In a figurative sense, dancers explore emotions of frustration, struggling to break down the barriers that they encounter. This piece serves as a metaphor for persistence in the face of obstacles.